



Come visit us, we are here to help!

Workforce Health is offering assistance to employees with questions regarding the upcoming Health Assessments. A staff member will be onsite to help with your Online Health Questionnaire or scheduling of your Health Assessment session.



Thursdays 11:30 a.m. to 1:30 p.m.



**City Hall
Room 301C**

Meet Barb!



Barb will be the onsite health educator at City Hall every month. She will be available to help with Health Assessment related questions as well as other general health questions. Barb earned her bachelor of science degree in physical education from the University of Illinois and her master of science degree in adult fitness and cardiac rehabilitation from the University of Wisconsin, LaCrosse. She is a registered clinical exercise physiologist by the American College of Sports Medicine. Barb spent the majority of her career in the areas of cardiac and pulmonary rehabilitation. She enjoys applying her past experiences to promoting wellness in the workplace.

A Workforce Health professional is available every month to answer your health and wellness questions.
This service is **FREE** for City of Milwaukee employees.
No appointment is necessary, just stop in!

Questions? Contact us at 262-253-5153.



Froedtert HEALTH
Workforce Health